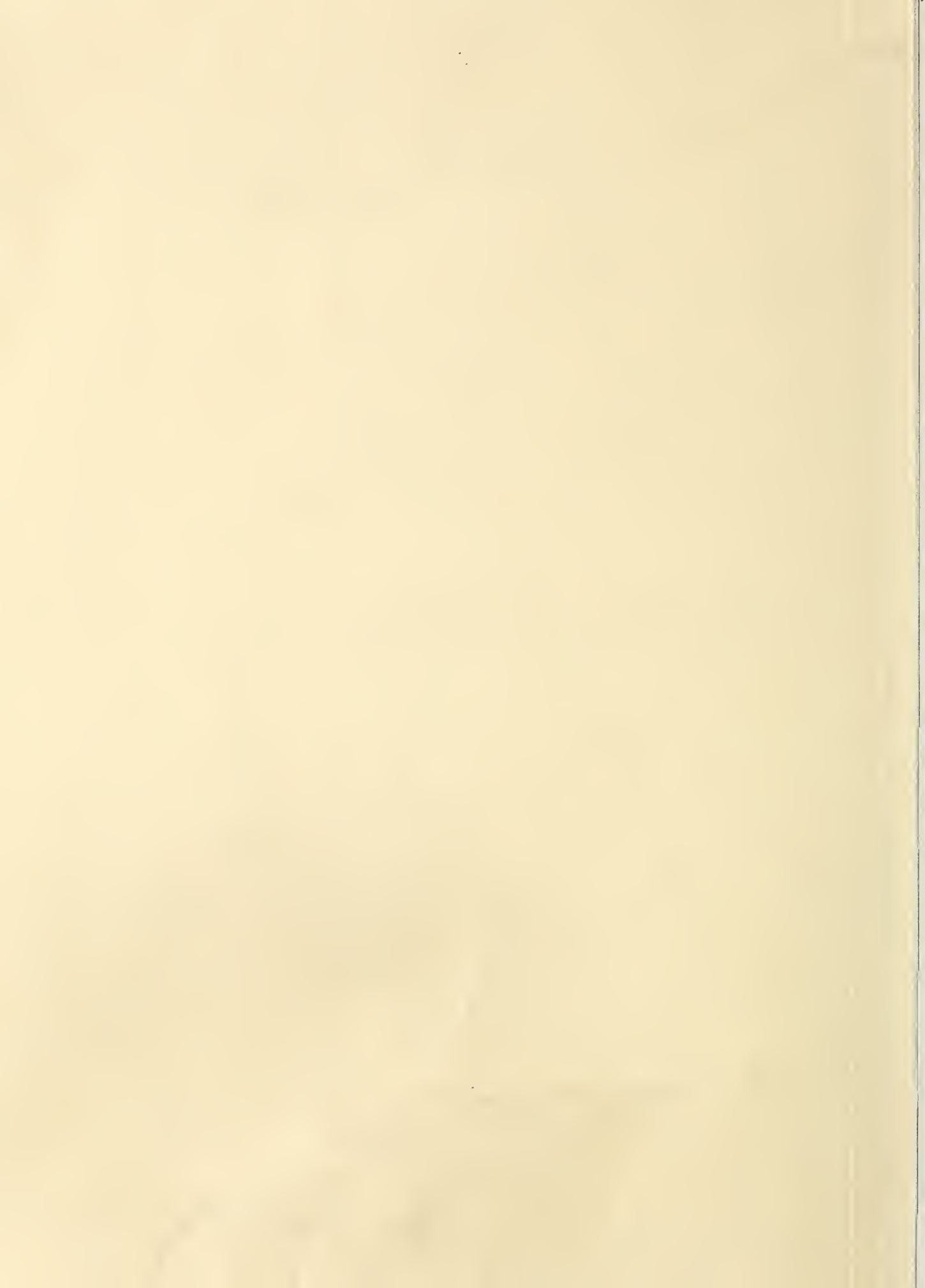


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"ICE BREAKERS"

Nutrition Education Paper-Pencil Games

Food and Nutrition Service
United States Department
of Agriculture
Washington, D.C. 20250
FNS-120

NUTRITION EDUCATION PAPER-PENCIL GAMES

Experience has shown that games can be effective teaching tools. The players learn while playing. Games arouse interest and motivation, and

create a fun-filled atmosphere while focusing attention on the facts to be learned.

These games have been prepared for use as "ice breakers" or "warm up pieces" at school food service training workshops, nutrition education classes, community health meetings, or for use by students. Time needed to play the games ranges from 5 to 15 minutes, depending on the nutrition knowledge and experience of the participants.

Please note that answers to the games are also included in the back of the packet.

The games were submitted by members of the Nutrition and Technical Services Division of the Food and Nutrition Service, both in Washington and the Regional Offices, by cooperating State Agencies and by other individuals. We are happy to share them with each of you, and we hope they add to your nutritional training programs.

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Game Number	Game Title
1	Food Categories Do Count
2	Fruit Flair
3	Grow Your Own Mixed Vegetables
4	The Key Nutrient Match
5	Know Your Nutrients
6	Menu Planner's Dream
7	Name a Nutrient
8	Score With The Basic Four
9	Scramble For Your Food
10	Table Setting Needn't Be Puzzling
11	Vitamin Road to Good Nutrition
	Answer Sheets

Programs of the U. S. Department of Agriculture are available to all eligible persons regardless of race, sex, color, creed, or national origin.

Issued July 1974

Slightly revised September 1978

1.—FOOD CATEGORIES DO COUNT

When the blanks below are filled in correctly, you spell out the food category representing the foods listed in each group.

__ISCUIT

__OLL

FR__NCH

R__ISIN

CORNBREA__

__IGS

BLUEBE__RIES

CANTALO__P

RA__SIN

S__RAWBERRY

PEAR__

HA__

V__AL

B__CON

S__EAK

PUD__ING

PI__

__PICECAKE

CHEE__ECAKE

IC__CREAM

PAST__Y

__URNOVER

__HORTCAKE

__ORNMEAL

RIC__

MACA__ONI

CRACK__RS

O__TMEAL

NOOD__ES

__PAGHETTI

2.—FRUIT FLAIR

Each of the scrambled words below is the name of a FRUIT. Fruits are rich in the vitamins and carbohydrates we need in our diet. Unscramble them to find your favorite fruits.

RHEYCR

AANBAN

ELMI

ERAPGURFTI

PAELP

PAIENPLEP

RPOTCIA

RPAE

NUREP

PEHAC

NMLOE

ENARIGTEN

RBEISRE

GERNAO

NKMPUIP

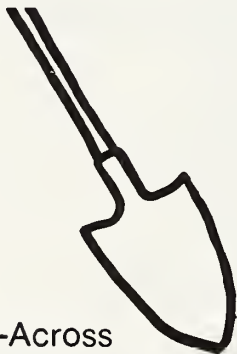
AOTNLEG

ULMP

ATNCOLUAP

3.—GROW YOUR OWN MIXED VEGETABLES (Part 1)

The words below appearing in capital letters are all names of VEGETABLES, spelled in a mixed-up manner. You must unscramble the letters to find the vegetable and then put the correctly spelled word into the puzzle on the next page.



17-Across

GARDEN TOOLS



22-Across



20-Down

MIXED VEGETABLES

ACROSS

1-NTUPIR

4-IMAL (with 11 down)

5-BACABEG

6-ONRC

7-Useless plant

10-MTOTOA

12-EBTE

14-QSASUH

15-NOINO

19-CSPNHIA

21-LEYCER

DOWN

2-EPA

3-Piece of ground used to grow vegetables

4-ETCUELT

5-ROCR TA

8-DSARHI

9-TSPOT AEO (More than one)

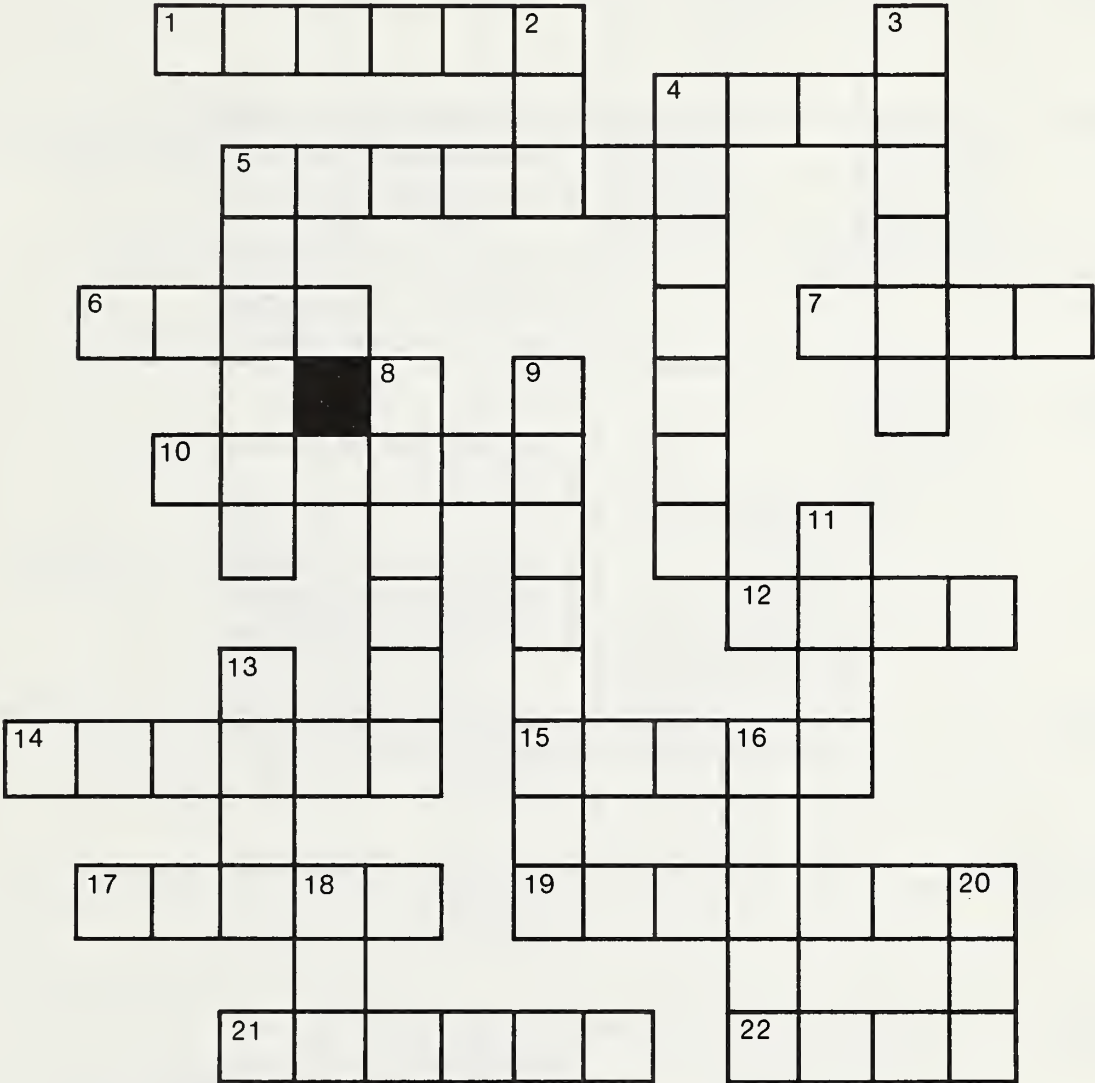
11-NABE

13-GABA (Short for rutabaga)

16-Man to whom the garden belongs

18-Mother Rabbit

3.— GROW YOUR OWN MIXED VEGETABLES (Part 2)



4.—THE KEY NUTRIENT MATCH

Match the Key Nutrients in the left column with the one phrase in the right column which makes the truest sentence. Circle the number of the most correct phrase.

Protein

1. builds and repairs body cells.
2. is abundant in green leafy vegetables.
3. is needed by children only.

Fats and Carbohydrates

1. are good for weight watchers.
2. eliminate tooth decay.
3. give energy for work and play.

Calcium

1. builds skin cells.
2. helps build bones and teeth.
3. is a vitamin.

Iron

1. helps your nerves carry messages.
2. improves eyesight.
3. builds red blood cells.

Thiamin

1. promotes good appetite and digestion.
2. heals wounds.
3. produces muscular disability.

Riboflavin

1. regulates heart beat.
2. combines with protein to form enzymes.
3. causes loss of appetite.

Niacin

1. repairs muscles.
2. builds body cells.
3. is called the pellagra preventing vitamin.

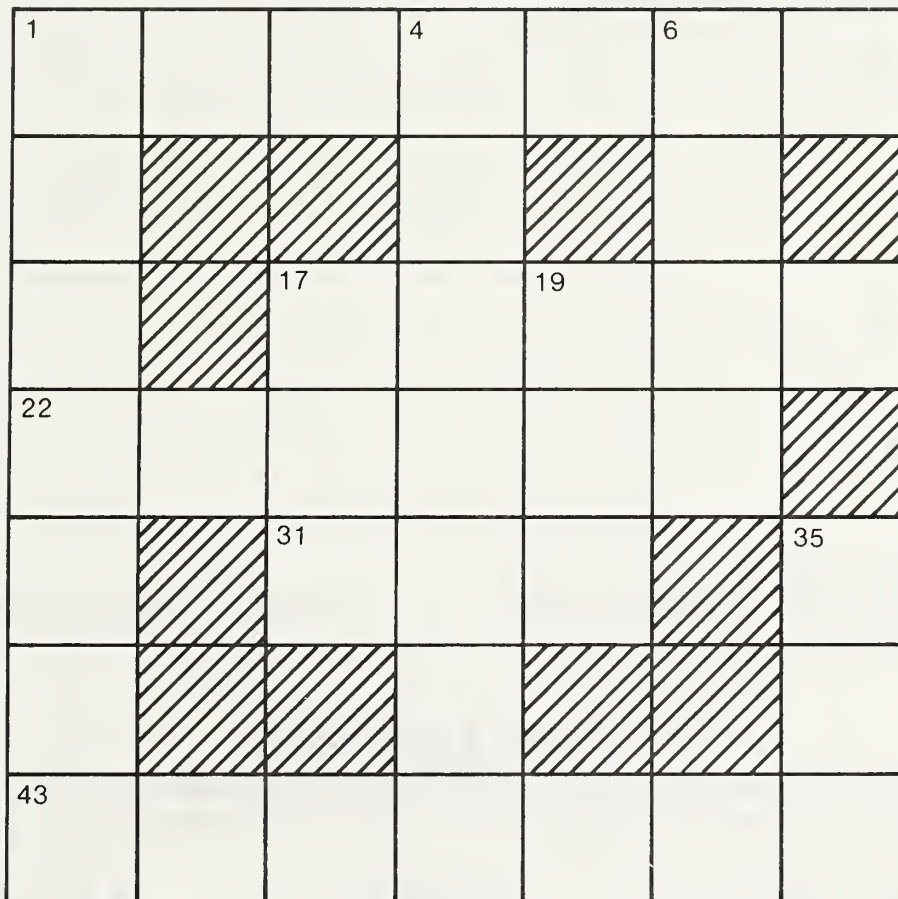
Vitamin C

1. helps hold body cells together.
2. makes your gums bleed.
3. promotes digestion.

Vitamin A

1. helps your muscles work.
2. helps you see in the dark.
3. helps blood to clot.

5. – KNOW YOUR NUTRIENTS



ACROSS

1. Nutrient that builds muscles.
17. The measuring stick that measures the energy in your food is a _____ ie.
22. A B-vitamin needed to prevent pellagra.
31. You can balance your diet if you follow _____ Basic Four.
43. Carbohydrates come from foods that are sugary and _____.

DOWN

1. A very good energy snack.
4. If you have trouble with your school work you should ask your _____.
6. You need this to build strong blood.
17. A balanced diet is more important for you than for your dog or your _____.
19. You need more energy to play baseball than you do to _____ down.
35. Vitamin C is one vitamin that you must have every _____.

6.—A MENU PLANNER'S DREAM

Mary enjoys planning meals weekly. In fact she dreams about menu planning nightly. Unscramble these words and name the menu planning principles of food classes Mary dreams about.

1. TRVIYAE _____
2. UIRSTOTNUI _____
3. LEVBAESGTE _____
4. INMA HSDI _____
5. RTIFUS _____
6. ASYFTIGNIS _____
7. LSDASA _____
8. ZPEAGPINTI _____
9. RUOLOCFL _____
10. SERDSTE _____

7.—NAME A NUTRIENT

When the blanks below are filled in correctly, you spell a common nutrient found in each of the foods listed in the group. Fill in blank letters to name the NUTRIENT.

__OULTRY	L__VER	ENDI__E
D__YBEANS	COLLA__DS	APR__COTS
H__TDOG	M__LASSES	CARRO__S
__URKEY	BEA__S	K__LE
B__EF		PU__PKIN
F__SH	GUA__A	SP__NACH
TU__A	TURN__PS	PRU__ES
	__ANGERINE	SQU__SH
	GR__PEFRUIT	
	TO__ATO	
	CAUL__FLOWER	
	ORA__GE	
	__ABBAGE	

8.—SCORE WITH THE BASIC FOUR

Fill in as many different foods under each BASIC FOUR FOOD GROUP as you can think of in ____ minutes (fill in number of minutes before you start).

MILK GROUP

MEAT GROUP

VEGETABLE-FRUIT GROUP

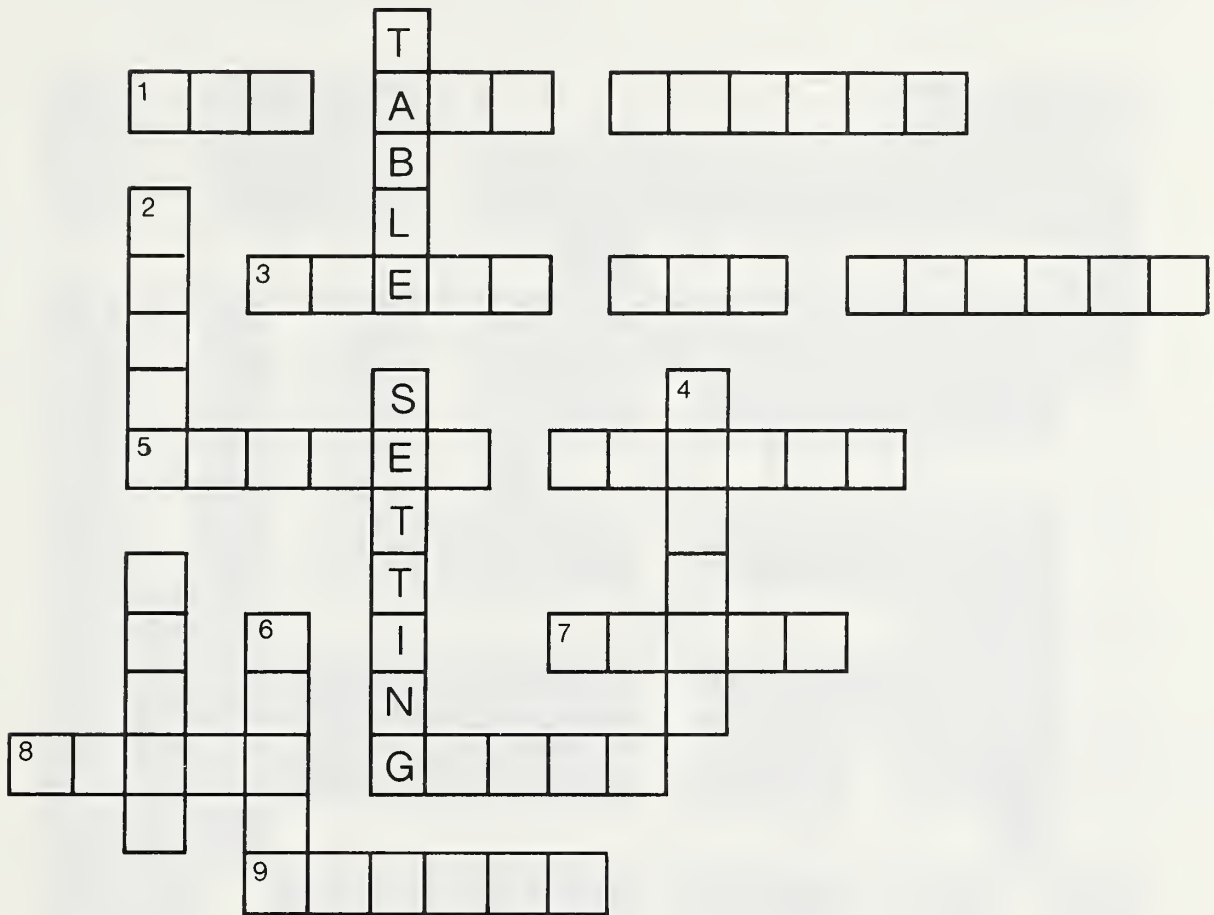
BREAD-CEREAL GROUP

9.—SCRAMBLE FOR YOUR FOOD

There are about 20 food words hidden in the scramble below. Find the words and circle them. Some are straight across and some are straight down. The circles may overlap.

T	O	P	E	P	P	E	R
I	P	O	R	K	O	K	A
C	A	R	R	O	T	B	N
E	I	A	O	O	A	I	C
L	M	I	L	K	T	S	A
E	U	C	L	R	O	C	K
R	F	R	C	A	R	U	E
Y	F	E	A	S	P	I	E
A	I	A	B	E	E	T	C
P	N	M	B	E	A	N	Y
P	L	E	A	S	T	E	W
L	O	A	G	B	I	A	O
E	P	L	E	S	O	U	P

10. – TABLE SETTING NEEDN'T BE PUZZLING



ACROSS

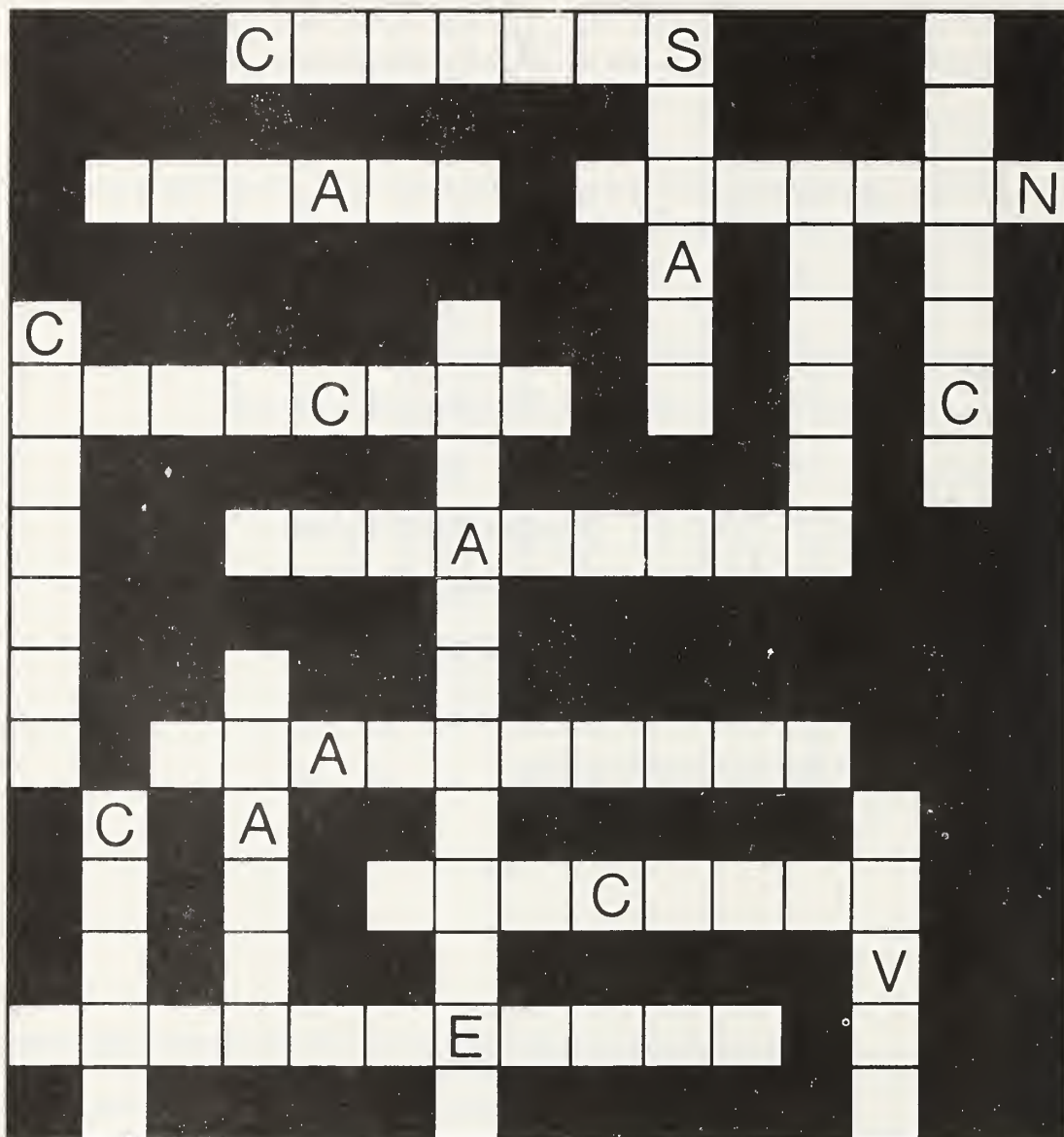
1. A _____ is correctly placed to the right, in line with the middle of the plate.
3. A _____ plate has its place just above the tip of the fork.
5. Space _____ evenly and directly opposite each other, 1 inch from the edge of the table and at least 18 inches apart.
7. The _____ is placed at the right of the plate. The sharp edge of the _____ is always turned toward the plate.
8. A _____ is placed just above the tip of the knife blade.
9. The _____ are placed at the right of the knife. Place knives, forks, and spoons in order in which they will be used, from the outside in toward the plate.

DOWN

2. The _____ may be placed to the left of the forks.
4. A _____ is placed at the left of the plate or on the plate.
6. _____ are placed to the left of the plate and placed an inch from the edge of the table or place mat.

11. — THE VITAMIN ROAD TO GOOD NUTRITION

Print the names of 16 good vitamin A or C foods in the boxes reading across and down in the crossword puzzle. The letters given make up part of the name.



ANSWER SHEET

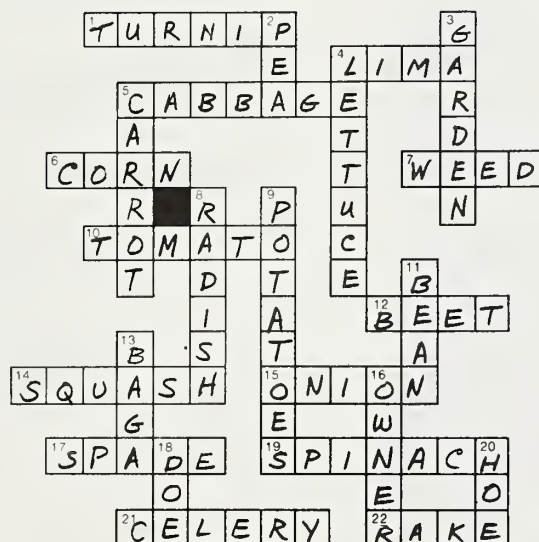
1. – FOOD CATEGORIES DO COUNT

BISCUIT	PUDDING
ROLL	PIE
FRENCH	SPICECAKE
RAISIN	CHEESECAKE
CORNBREAD	ICECREAM
	PASTRY
FIGS	TURNOVER
BLUEBERRIES	SHORTCAKE
CANTALOUPE	
RAISIN	
STRAWBERRY	CORNMEAL
PEARS	RICE
	MACARONI
HAM	CRACKERS
VEAL	OATMEAL
BACON	NOODLES
STEAK	SPAGHETTI

2. – FRUIT FLAIR

RHEYCR (CHERRY)
 ERAPGURFTI (GRAPEFRUIT)
 RPOTCIA (APRICOT)
 PEHAC (PEACH)
 RBEISRE (BERRIES)
 AOTNLEG (TANGELO)
 AANBAN (BANANA)
 PAELP (APPLE)
 RPAE (PEAR)
 NMLOE (LEMON OR MELON)
 GERNAO (ORANGE)
 ULMP (PLUM)
 ELM I (LIME)
 PAIENPLEP (PINEAPPLE)
 NUREP (PRUNE)
 ENARIGTEN (TANGERINE)
 NKMPUIP (PUMPKIN)
 ATNCOLUAP (CANTALOUPE)

3. – GROW YOUR OWN MIXED VEGETABLES (Part 2)



ANSWER SHEET

4. – THE KEY NUTRIENT MATCH

- Protein**
- ① builds and repairs body cells.
 2. is abundant in green leafy vegetables.
 3. is needed by children only.
- Fats and Carbohydrates**
1. are good for weight watchers.
 2. eliminate tooth decay.
 - ③ give energy for work and play.
- Calcium**
1. builds skin cells.
 - ② helps build bones and teeth.
 3. is a vitamin.
- Iron**
1. helps your nerves carry messages.
 2. improves eyesight.
 - ③ builds red blood cells.
- Thiamin**
- ① promotes good appetite and digestion.
 2. heals wounds.
 3. produces muscular disability.
- Riboflavin**
1. regulates heart beat.
 - ② combines with protein to form enzymes.
 3. causes loss of appetite.
- Niacin**
1. repairs muscles.
 2. builds body cells.
 - ③ is called the pellagra preventing vitamin.
- Vitamin C**
- ① helps hold body cells together.
 2. makes your gums bleed.
 3. promotes digestion.
- Vitamin A**
1. helps your muscles work.
 - ② helps you see in the dark.
 3. helps blood to clot.

5. – KNOW YOUR NUTRIENTS

¹ P	R	O	⁴ T	E	⁶ I	N
E			E		R	
A		¹⁷ C	¹⁹ A	L	O	R
²² N	I	A	C	I	N	
U		³¹ T	H	E		³⁵ D
T			E			A
⁴³ S	T	A	R	C	H	Y

7. – NAME A NUTRIENT

POULTRY	GUAVA
DRYBEANS	TURNIPS
HOTDOG	TANGERINE
TURKEY	GRAPEFRUIT
BEEF	TOMATO
FISH	CAULIFLOWER
TUNA	ORANGE
	CABBAGE
LIVER	
COLLARDS	
MOLASSES	ENDIVE
BEANS	APRICOTS
	CARROTS
	KALE
	PUMPKIN
	SPINACH
	PRUNES
	SQUASH

6. – A MENU PLANNER'S DREAM

- | | |
|-----------------|------------|
| 1. TRVIYAE | VARIETY |
| 2. UIRSTOTNUI | NUTRITIOUS |
| 3. LEVB A ESGTE | VEGETABLES |
| 4. INMA HSDI | MAIN DISH |
| 5. RTIFUS | FRUITS |
| 6. ASYFTIGNIS | SATISFYING |
| 7. LSDASA | SALADS |
| 8. ZPEAGPINTI | APPETIZING |
| 9. RUOLOCFL | COLORFUL |
| 10. SERDSTE | DESSERT |

ANSWER SHEET

8. – SCORE WITH THE BASIC FOUR

MILK GROUP

Whole Milk
Evaporated Milk
Cheddar Cheese
Swiss Cheese
Buttermilk
Ice Cream
Dry Milk
Skim Milk
Cream Cheese
Blue Cheese
Ice Milk
Coffee Cream

BREAD-CEREAL GROUP
(Whole Grain or Enriched)

- Biscuits
- Boston Brown Bread
- Cornbread
- Muffins
- Pancakes
- Raisin Bread
- Rolls
- Rye Bread
- Waffles
- White Bread
- Whole Wheat Bread

- Crackers
- Corn Grits
- Hominey
- Macaroni
- Noodles
- Oatmeal
- Ready-to-eat Cereal
- Rice
- Rolled Oats
- Rolled Wheat
- Spaghetti

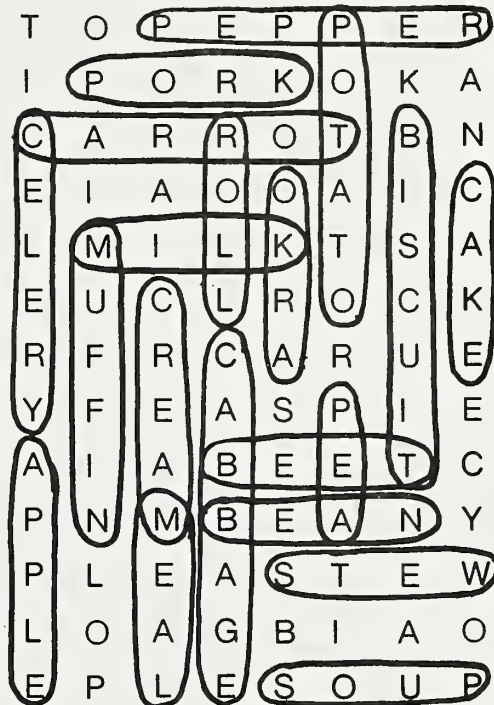
FRUIT-VEGETABLE GROUP

Asparagus	Apple
Beets	Apricots
Broccoli	Banana
Brussels Sprouts	Blueberries
Cabbage	Cantaloup
Carrots	Cherries
Cauliflower	Dates
Celery	Figs
Collard Greens	Grapefruit
Corn	Grapefruit Juice
Cress	Grapes
Eggplant	Honeydew Melon
Green Pepper	Lemons
Green Beans	Limes
Green Peas	Mangos
Kale	Nectarines
Lettuce	Orange Juice
Lima Beans	Oranges
Mushrooms	Papaya
Onions	Peaches
Parsley	Pears
Potatoes	Persimmons
Pumpkin	Pineapple
Rutabaga	Plums
Sauerkraut	Prunes
Spinach	Raisins
Swiss Chard	Raspberries
Tomatoes	Rhubarb
Sweetpotatoes	Strawberries
Tomato Juice	Tangelo
Turnip Greens	Tangerines
Turnips	Watermelon
Watercress	
Wax Beans	
Zucchini Squash	

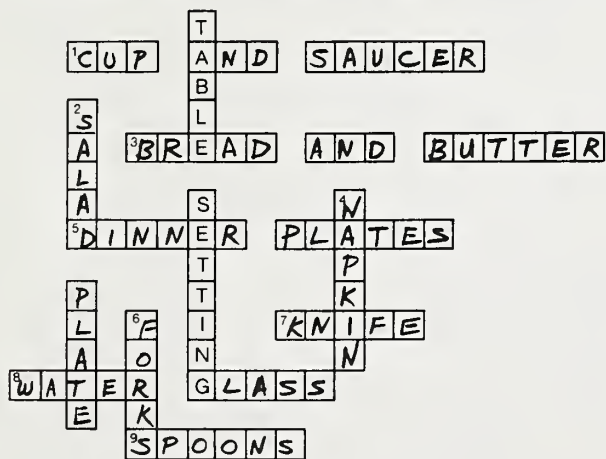
MEAT GROUP

- Beef
- Lamb
- Pork
- Veal
- Fish
- Chicken
- Duck
- Turkey
- Ham
- Liver
- Frankfurter
- Goose
- Liverwurst
- Dry Beans
- Peanut Butter
- Ground Beef
- Stewing Lamb
- Pork Chops
- Veal Chops
- Salmon
- Tuna
- Shrimp
- Oysters
- Kidney
- Sausage
- Salami
- Bologna
- Sardines
- Dry Peas
- Eggs

9.—SCRAMBLE FOR YOUR FOOD



10.—TABLE SETTING NEEDN'T BE PUZZLING



11.—THE VITAMIN ROAD TO GOOD NUTRITION

